



The Musician's Way: A Guide to Practice, Performance, and Wellness

By Gerald Klickstein

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In *The Musician's Way*, veteran performer and educator Gerald Klickstein combines the latest research with his 30 years of professional experience to provide aspiring musicians with a roadmap to artistic excellence. Part I, *Artful Practice*, describes strategies to interpret and memorize compositions, fuel motivation, collaborate, and more. Part II, *Fearless Performance*, lifts the lid on the hidden causes of nervousness and shows how musicians can become confident performers. Part III, *Lifelong Creativity*, surveys tactics to prevent music-related injuries and equips musicians to tap their own innate creativity. Written in a conversational style, *The Musician's Way* presents an inclusive system for all instrumentalists and vocalists to advance their musical abilities and succeed as performing artists.

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The Musician's Way: A Guide to Practice, Performance, and Wellness By Gerald Klickstein Bibliography

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Editorial Review

Review

"One of the most important books on musicianship in recent decades." --Joseph Docksey, Director, Lamont School of Music, University of Denver

"I predict that *The Musician's Way* will be an instant classic. It is the most useful, comprehensive book I have ever read on developing the skills of a successful performer. Every music lover--student, professional, amateur, and teacher alike--should own this book." --Jeffrey Solow, Professor of Cello, Temple University; President, American String Teachers Association

"The entire music profession has received a great and much-needed gift from Gerald Klickstein. *The Musician's Way* is a landmark and essential guide for every serious musician."--Barbara Lister-Sink, Professor of Piano, Salem College; author, *Freeing the Caged Bird* DVD

"*The Musician's Way* is the brainchild of an experienced and insightful teacher who has thought long and hard about how musicians can maximize their artistic success while coping with the stresses of music making. In clear and engaging language, the author leads us down the complex pathways navigated by musicians and provides sound directions at every turn." --Alice G. Brandfonbrener, MD, Assistant Professor of Medicine and Founding Director, Medical Program for Performing Artists, Northwestern University Medical School

"You owe it to yourself to read this book." --*The Classical Guitar Blog*

"A wonderful tool for all aspiring musicians." --*Music Ed Magic*

"A rare example of clear, concise and useable information on music practice...If I read a better book on practice this year I'll be surprised!!" --*HowtoPractice.com*

"The relationship of learning, practice, and mastery in the case of musicianship is explored thoroughly in Gerald Klickstein's *The Musician's Way: A Guide to Practice, Performance, and Wellness*. Written for especially classical and jazz instrumentalists and vocalists at the university level, the book nevertheless provides important lessons for musicians of widely diverse levels and backgrounds." --John Warren, *Juan's*

World

"Mr. Klickstein presents so much helpful information that you will be itching to sit at the piano with his book beside you while you practice....A tremendous resource that would benefit any music teacher." --
MusicMattersBlog.com

"*The Musician's Way* is strongly recommended for its focus on mental imagery and the role of the mind in effective practice...A holistic approach to teaching, *The Musician's Way* should be on the shelf of every aspiring professional musician and every serious music educator." --*Clavier Companion*

"Klickstein covers the gamut of issues, tips, and ideas that make up the world of the serious musician....Students hunger for this kind of knowledge." --*Notes*

"Klickstein takes a common-sense approach and works his way through techniques for improving every aspect of a performer's life, from ways to memorise a piece to dealing with performance anxiety. . . . It's all very well thought through and an interesting read." --*The Strad*

"A comprehensive guidebook from an experienced, insightful musician....You must read this book."
--*Stringendo*

"Wonderfully thought-out and organized...a book to keep around and to constantly refer back to as you develop as a musician...'The Musician's Way' is a book that will benefit any musician. He touches on aspects of all performers, from guitarists to violinists to drummers to vocalists, and has plenty of tips for everyone...Regardless of what instrument you play or how long you've been playing or what level of musician you consider yourself to be, you will find a tremendous amount of beneficial material in this book. I can't recommend it enough." --David Hodge, GuitarNoise.com

"Engaging and well-written and a valuable resource for every performer seeking to develop their craft and maintain career longevity." --*Psychology of Music*

"Provides a wealth of information that would otherwise take years to accrue." --*British Journal of Music Education*

"Articulates both an artistic approach to attaining mastery of an instrument/voice and a practical approach to achieving professional goals....Uniquely holistic." --*Philosophy of Music Education Review*

About the Author

Gerald Klickstein (@klickstein) is a veteran performer and educator with more than 30 years of experience on the concert stage and in higher education. In July 2012, he was appointed Director of the Music Entrepreneurship and Career Center at the Peabody Institute of The Johns Hopkins University. From 1992-2012, he was a member of the distinguished artist-faculty of the University of North Carolina School of the Arts. His book *The Musician's Way* and its extensive website MusiciansWay.com have drawn global praise for their insightful handling of the issues that today's musicians face.

Users Review

From reader reviews:

Lewis Dall:

Spent a free the perfect time to be fun activity to perform! A lot of people spent their down time with their family, or their own friends. Usually they undertaking activity like watching television, likely to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Can be reading a book may be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to consider look for book, may be the book untitled *The Musician's Way: A Guide to Practice, Performance, and Wellness* can be fine book to read. May be it might be best activity to you.

Harry Branham:

A lot of people always spent their free time to vacation or perhaps go to the outside with them household or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity that is look different you can read any book. It is really fun for you personally. If you enjoy the book you read you can spent 24 hours a day to reading a guide. The book *The Musician's Way: A Guide to Practice, Performance, and Wellness* it is rather good to read. There are a lot of individuals who recommended this book. These people were enjoying reading this book. If you did not have enough space bringing this book you can buy often the e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not to cover but this book has high quality.

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